



## **A Study to Assess the Effectiveness of Video Assisted Teaching Programme on Knowledge Regarding Post partum Intrauterine Contraceptive Devices among Antenatal Mothers in Selected Rural Areas at Udaipur, Rajasthan**

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## ABSTRACT

“We all worry about the population explosion, but we don’t worry about it at the right time”

-Arthur Hoppe

Population of India in 2011 was 1.21 billion. Current population of Rajasthan is 68,548,437. fertility rate in India is 2.62. Total fertility rate in rural area is 2.9% and urban area is 2%. The current realization that socio-economic development and well being of a society can be affected by astronomical increase in population has led to the establishment of family planning programmes. Family planning is a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitude and responsible decision by individuals and couples in order to promote the health and welfare of the family group and thus contribute effectively to the social development of a country. Globally, family planning is recognized as a key life intervention for mothers and their children. Use of IUCD is simpler less expensive and immediately reversible. Insertion after delivery may avoid discomfort related to interval insertion. With the above benefits there is a need for randomized controlled trials to compare safety and efficacy of IUD when inserted at different times

present study is undertaken with the aim to assess the effectiveness of video assisted teaching programme on knowledge regarding post partum intra uterine contraceptive devices among antenatal mothers in selected rural areas at Udaipur, Rajasthan”. The study was performed Evaluative approach as the study aimed at development of an intervention (video assisted teaching programme) for assessing the knowledge of 150 antenatel mothers in selected rural areas at Udaipur. This approach would help the investigator to assess the effect of specific intervention that is video assisted teaching programme on the variable that is knowledge of antenatal mother’s knowledge regarding post partum intra uterine contraceptive devices among antenatal mothers in selected rural areas at Udaipur. In this study sample were drawn by using Non probability purposive sampling technique (odd & even method). Data was collected by using structured knowledge questionnaire. The result showed that the mean post test knowledge score is 23.04 (82.28%), which is greater than the mean pre test knowledge score 11.3(40.35%). The above table also depicts that the enhancement in the knowledge of respondents is 11.74 (50.95%) supporting the post test knowledge score are higher than the pretest knowledge score. The data further represent that the “t” value of 31 is significantly higher than the table value 1.96 at 0.05 level of significance. This indicates that there was difference in pre test and post test knowledge score of respondents and video assisted teaching is effective in improving the knowledge score of antenatal mothers regarding PPIUCD

## KEYWORDS

*Assess, Effectiveness, Video Assisted Teaching Porgramme, Knowledge, Post partum intra uterine contraceptive devices, Antenatal mothers, Rural areas*

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## INTRODUCTION

The words birth control, contraception and family planning are often used interchangeably and although they are not identical in meaning. The term birth control refers to regulation of the number of children that are conceived or born.

Contraception refers to the prevention of pregnancy, which is accomplished by specific contraceptive or birth control methods. Family planning has the broadest connotation. Current population of India in 2011 was 1.21 billion. Current population of Rajasthan is 68,548,437. In India total fertility rate in India is 2.62 children born \ women. Total fertility rate in rural area is 2.9% and urban area is 2%. India was the first country in the world to implement national family program in 1952.

Globally, family planning is recognized as a key life intervention for mothers and their children.

Government of India views family planning as a family planning as a core maternal and child and child health intervention, and has health intervention and had shifted its focus from limiting births to spacing pregnancies. Simultaneously, provision of quality FP services, along with an expansion of contraceptive choices, is a government priority.

In Rajasthan infant mortality

rate(IMR);55, maternal mortality (MMR); 318, total fertility rate (TFR);3.1, contraceptive prevalence rate 57% and total unmet need for family planning 17.9%. higher in 1 year postpartum (63.4%) still beck on attention. The government of Rajasthan is committed to providing accessible, affordable and quality health care to its 68,6 million people and achieving MDG 4(child health) and 5 (maternal health).

## NEED FOR THE STUDY

The National Population Policy 2000 has recognized as its immediate objective the task of addressing the unmet need for contraception to achieve the medium term Objective of bringing the Total Fertility Rate (TFR) to replacement level of 2.1 by 2010 so as to achieve the long-term goal of population stabilization by 2045. As per NFHS-3 (National Family Health Scheme), the contraceptive prevalence rate in India is 56.3 %, which varies widely among different states and the unmet need for family planning is high at 13% (6% for spacing).

Intrauterine Device (IUD) is one of the most commonly used reversible methods of contraception among women of reproductive age worldwide. Results of recent studies and literature have confirmed that IUDs provide very effective, safe and long-term protection against pregnancy and the health risks



associated with the method are negligible. Use of IUCD is simpler less expensive and immediately reversible

Global use of IUCD among women of reproductive age- china- 60%, Other Asian country -12%, Eastern Europe& Central Asia- 11%, Near East & North Africa- 7%, Latin America& Caribbean- 5%, Developed countries- 5%, India- 1.8%, Sub Saharan Africa- 0%, Oceania- 0%.

IUCD usage in India v/s other methods- IUCD- 1.80%, Pill- 3.10%, Condom- 5.30%, Female sterilization- 37.30%, Male sterilization- 1%.

The IUDs is underused among the rural and urban woman (1.1% vs 3.4%). IUDs increases choice for long acting and safe contraceptive to achieve optimal birth interval (3-5 years). With the copper T-380, women can protect herself against for pregnancy for up to 12 years. This is particularly attractive for those couples who have achieved their desired family size but do not want to adopt a permanent method like sterilization.

PPIUCD services.<sup>11</sup>In a large state like Rajasthan, where 40% women marry before 18 years of age, 66% of married . on an average women have more than 3 children; the task at hand is immense. However the determination of the state government and initiative of the programme team supported is already

showing an increase in uptake of PPF/PPIUCD services. Both in terms of the quality of service being provided, and the demand being generated for them. More work need to be done to ensure sustainability beyond this programme, create a robust system for stock supply and maintenance, involve nurses in PPIUCD service provision follow up of clients record keeping and infection prevention practices

### **PROBLEM STATEMENT**

“A study to assess the effectiveness of video assisted teaching programme on knowledge regarding post partum intra uterine contraceptive devices among antenatal mothers in selected rural areas at Udaipur, Rajasthan.”

### **OBJECTIVES OF THE STUDY**

- To assess pre test knowledge score of antenatal mothers regarding post partum intra uterine contraceptive devices.
- To administer the video assisted teaching programme regarding post partum intra uterine contraceptive devices.
- To assess post test knowledge score of antenatal mothers regarding post partum intra uterine contraceptive devices.
- To determine the effectiveness of video assisted teaching programme among antenatal regarding post partum intra uterine contraceptive devices.



- To find out the association between pre test knowledge score of antenatal mothers regarding post partum intrauterine devices with selected demographic variables.

### **ASSUMPTION**

The study is based on the following assumptions:

The antenatal mothers May have some knowledge regarding Post partum intra uterine contraceptive devices.

Knowledge on Post partum intra uterine contraceptive devices among antenatal mothers in rural areas is measurable.

Video assisted teaching programme will enhance the knowledge regarding Post partum intra uterine contraceptive devices among antenatal mothers in rural areas.

### **HYPOTHESIS:**

**H1:** There will be a significant difference between the mean pre test and post test knowledge scores of antenatal mothers regarding post partum intrauterine contraceptive devices.

**H2:** There will be significant association between mean pre test knowledge score of antenatal mothers regarding post partum intra uterine contraceptive devices with selected socio-demographic variables.

### **VARIABLES OF THE STUDY:**

Structured knowledge questioners method will be used to collect the data.

**Independent variable:** Video Assisted Teaching Programme.

**Dependent variable:** Knowledge regarding Post partum intra uterine contraceptive devices among antenatal mothers in selected rural areas at Udaipur.

**Socio-Demographic Variable:** The demographic variables confound the relationship between the independent and dependent variable and that need to be controlled either through building in research design or through statistical procedure.

In this study the selected demographic variables are Age in years, Religion, Education, Occupation, Monthly income, Type of family, Awareness, Source of information, regarding Post partum intra uterine contraceptive devices.

### **DELIMITATION:**

This study is limited to antenatal mothers in selected rural areas at Udaipur only.

### **METHODOLOGY**

#### **RESEARCH APPROACH**

The research approach adopted for the preset study was evaluative approach

#### **RESEARCH DESIGN--**

In the present study, pre-experimental one group pre-test post-test design was selected for the study.

#### **RESEARCH SETTING**

The present study has been conducted in Aaganwadi centre Kodyat, Khemachkheri, Gorrella, Sisarma at Udaipur Rajasthan

#### **POPULATION**



In the present study the population consists of antenatal mother who are residing in selected rural areas at Udaipur Rajasthan

### SAMPLE AND SAMPLE SIZE

150 antenatal mothers

### SAMPLING TECHNIQUE

--- Non probability purposive sampling technique (odd & even method)

### SAMPLING CRITERIA

The following criteria are set to select the samples:

### Inclusion criteria:

Antenatal mothers who are residing in rural areas. □

Antenatal mothers who are available at the time of study. □

Antenatal mothers who can read and write Hindi. □

### Exclusion criteria: □

Antenatal mothers who are not willing to participate in the study. □

Antenatal mothers who are not available during study period. □

### RESULTS

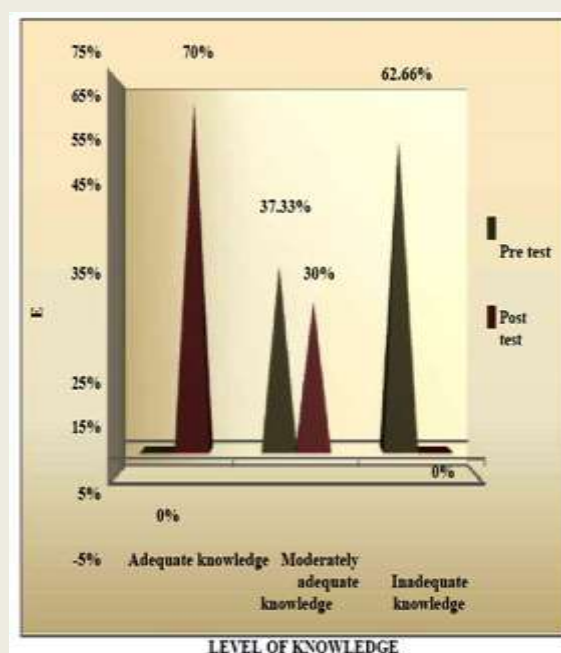
**Table 1** Distribution of Antenatal Mothers by level of Knowledge

N=150				
Level of knowledge	Score	Percentage	Pre test	Post test
Adequate knowledge	22-28	75-100%	0%	70 %
Moderately adequate knowledge	14-21	50-74%	37.33%	30%
Inadequate knowledge	0-13	0-50%	62.66%	0%

Table 1& Figure 1- The result showed that in the pre test most of the respondents had no adequate knowledge on PPIUCD, 37.33 % respondents had moderately adequate knowledge & 62.66 % respondents had inadequate knowledge on PPIUCD.

After giving Video assisted teaching, in the post test most of the respondents gain 70 % whereas 30 % respondents had

**Figure 1** Distribution of Antenatal Mothers by level of Knowledge









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